

# 让您的宝宝安全睡眠

## Safe Sleep for Your Baby

Safe sleep can help protect your baby from sudden infant death syndrome (also called SIDS) and other dangers, like choking and suffocation.

安全睡眠能保护您的宝宝免于婴儿猝死综合症（也称为 SIDS）以及窒息等危险。

### Steps for Safe Sleep

Babies sleep safest **A**lone, on their **B**ack, and in a **C**rib.

#### **A**lone

- Share the room – not the bed – with a baby.
- A baby should **only** sleep in an empty, safety-approved crib, bassinet or Pack ‘n Play.
- A baby should never sleep with an adult, child or pet.

#### **B**ack

- A baby should **always** sleep on his or her back.
- A baby will not choke while sleeping on his or her back.
- A baby can breathe easier while sleeping on his or her back.

#### **C**rib

- A baby should **only** sleep in an empty, safety-approved crib, bassinet or Pack ‘n Play. No bumper pads, pillows, soft toys, stuffed animals or blankets. These items can suffocate or strangle a baby.

### 安全睡眠步骤

宝宝最安全的睡眠方式是，独自仰卧睡在婴儿床上。

#### 独自睡眠

- 与宝宝同住一室——但不与宝宝同床睡。
- 宝宝**只能**睡在经过安全认证的空婴儿床、摇篮或便携式婴儿床中。
- 宝宝不应与成人、儿童或宠物同床睡。

#### 仰卧

- 宝宝应**始终**采用仰卧位睡觉。
- 仰卧时，宝宝不会出现窒息。
- 仰卧时，宝宝呼吸更为顺畅。

#### 婴儿床

- 宝宝**只能**睡在经过安全认证的空婴儿床、摇篮或便携式婴儿床中。切勿使用防撞护垫、枕头、柔软玩具、毛绒玩具或毯子。这些物品会导致宝宝窒息。



- Use only a firm mattress with a fitted sheet in the crib.
- A baby should not be overdressed for sleep. Sleep clothing should be lightweight. Fitted, right sized sleepers and sleep sacks are best.
- A baby should never sleep on a soft surface, such as a sofa, cushion, pillow, chair or adult bed.

**Follow these steps for safe sleep every time, for every sleep. Tell others who care for your baby to do the same.**

## Other ways to help keep your baby safe while sleeping

- Do not let your baby get too hot. Keep room temperatures comfortable for an adult.
- Babies should get all recommended vaccinations (shots).
- No smoking near your baby, not at home or when driving.
- Breastfeed your baby. Babies fed breast milk are at lower risk for SIDS than are babies who were never fed breast milk. If you bring your baby to your bed for a feeding, place them back in their separate sleep area when you are done.
- Give your baby “tummy time” while awake and someone is watching. This helps prevent flat spots on your baby’s head, and helps head, neck and shoulder muscles get stronger.
- Think about using a pacifier at nap and bed time. If you are breastfeeding, wait to use a pacifier until breastfeeding is going well.

- 在婴儿床中仅使用带床罩的硬床垫。
- 宝宝睡觉时不应穿着过多衣物。宝宝的睡衣应尽可能轻巧。尺寸合身的睡衣和睡袋是最佳选择。
- 切勿让宝宝睡在柔软的表面，例如沙发、靠垫、枕头、椅子或成人床上。

**每次宝宝睡眠时均应遵循上述步骤，以保证安全睡眠。让宝宝的其他照顾者也遵循这些步骤。**

## 帮助宝宝安全睡眠的其他方法

- 不要让宝宝太热。将室温保持在令成年人舒适的温度。
- 宝宝应接种所有建议的疫苗（注射）。
- 切勿在宝宝身边、家中或开车时吸烟。
- 为您的宝宝提供母乳喂养。与从未母乳喂养的宝宝相比，母乳喂养的宝宝患 SIDS 的风险更低。如果您将宝宝带到床上哺乳，请在完成后将宝宝放回他/她自己的睡眠区。
- 请在宝宝处于清醒状态且身边有人照看的情况下，让宝宝采用俯卧的姿势。这能防止宝宝的头部局部扁平，并有助于增强其头、颈和肩部肌肉的力量。
- 可以考虑让宝宝在午睡及晚上睡眠时使用安抚奶嘴。如为母乳喂养，哺乳顺利后方可使用安抚奶嘴。

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